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Ride out crisis: Economist

DARREN KRAUSE
Metro Canada

FAILED BAILOUT As Toronto and New York markets plunged in wake of a failed Wall Street bailout yesterday, a noted economist warned every day Canadians not to give way to the credit crisis panic by making knee-jerk investment decisions.

"If you don't need to liquidate (your investments), then you can weather this," said University of Calgary economist Frank Atkins, who characterized the 840- and 778-point losses on the TSX and Dow Jones respectively, as paper losses.

"Once you sell, then you lose money."

Most of the initial concern would be for investors retiring now or in the immediate future, he said.

U.S. lawmakers yesterday rejected a $700-billion US bailout plan for the financial industry in a shock vote that sent global markets sliding as European authorities scrambled to prop up a slew of banks.

The passage of the bill, which would have let the U.S. Treasury buy up bad mortgage debt from struggling banks in an effort to kick-start lending, was seen as crucial to shielding the economy from an even deeper slowdown.

WITH FILES FROM REUTERS

MORE COVERAGE PAGE 8

Please recycle

JEFF HODSON/METRO VANCOUVER

Michael Kandola leaves Vancouver's community court yesterday. He is charged with aggravated assault on a gay man in Davie Village.

Gay-bashing suspect appears calm in court

JEFF HODSON
jeff.hodson@metronews.ca

A 20-year-old Vancouver man, who is accused of a hate crime attack on a gay man in Davie Village, looked calm during a brief appearance in community court yesterday.

Michael Kandola, 20, is scheduled to attend provincial court in Vancouver today, charged with aggravated assault — an indictable offence outside the scope of the newly opened community court.

Jennifer Breakspear, executive director of The Centre, a GLBT community organization in Davie Village, said the attack, which occurred in the heart of Vancouver's queer neighbourhood, is a cause for concern.

"When something like this happens it strikes right at our core," Breakspear said. "At the same time we don't want to become alarmist and we don't want to get scared off our streets."

Kandola is accused of attacking a man, who was holding hands with another man, at 12:45 a.m. Saturday in the 900 block of Davie Street.

Jordan Smith, 27, was knocked to the ground and broke his jaw in three places.

Police said derogatory slurs were shouted and have called the assault a hate crime, which could result in a harsher sentence if Kandola is found guilty.

"Society is absolutely repulsed by this kind of crime," said Vancouver Const. Tim Fanning. "It is a crime committed by people who are ignorant."

ShareYourViews
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Schools may close during 2010 Games

DEBATE Vancouver kids might be getting an early spring break if the School Board opts to follow Squamish and West Vancouver's lead and close schools during the 2010 Games.

Ken Denike, a school board trustee and liaison for the 2010 Games, said yesterday the expected transportation crunch is at the heart of the debate.

"If it looks like it's going to be too difficult to get teachers to school, that would be the primary (consideration)," Denike said.

He said daycare could be an issue for families and a decision won't be made without public input.

Kirsten Gunderson, 37, said if schools close she'll have her to send son, who'll be seven, to his grandmother in Victoria. "At least we have (that) choice," she said.

"The whole city can't shut down for two weeks because of the Olympics," Gunderson added. "There'll be (commuting) delays, but you can't stop life."

Sara Shaw, with the School Age Child Care Association of B.C., said daycares couldn't accommodate so many kids for two weeks.

"There's already a shortage of before- and after-school spaces," she said. "It would be really stressful."

Glen Hansman, president of the Vancouver Elementary School Teacher's Association, said elementary teachers want schools kept open.

KRISTEN THOMPSON/
METRO VANCOUVER

West Van plan

- West Van students will have one week tacked onto the beginning and end of the year to make up for the two weeks their schools are closed.

Election 2008 pg 6
- **Debate chance for Dion change: National Report**
- **Last riding breakdown**

Celebrity Buzz pg 18
Madonna fined for breaking curfew

Canada pg 5
Do Not Call List starts today

SocialEyes pg 15
Stars come out for VIFF

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"Two years before the last Olympics I picked up an official Torino keychain for my car keys. Every time I got in my car to go anywhere, I could touch it and have a tangible reminder of my dream, each road journey taking me one step closer towards it."

Alexa Loo.
Snowboarder
Richmond, B.C.

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Rogers shares pearls of wisdom
Billionaire Ted Rogers was in Vancouver yesterday, sharing his keys to success at Sutton Place Hotel. The communications mogul said picking himself up after failure taught him what it took to succeed and build his empire. NEWS1130.COM

Local

Baby beluga

The Vancouver Aquarium has opened a contest to name its baby beluga whale to the public. Submissions will be accepted until Oct. 10 and the winning name will be revealed on Oct. 24.
METRO NEWS SERVICES

Weather **Last days of summer**

RAFE ARNOTT / METRO VANCOUVER

A woman enjoys the sunshine and 21 C temperature in Yaletown yesterday. Environment Canada is predicting temperatures to hit 27 C today, and remain sunny tomorrow with light rain on Thursday. The usual high for late September is 16 C.

Fry claims he stole from grow-op at time of fire

ARSON The man accused of setting fire to an East Vancouver home, killing a family as they slept, took the stand in his own defence yesterday.

Nathan Fry told the court that Bolingo Etibako, the only person to survive the fire, had been his best friend until Etibako fingered Fry to police in connection to two earlier stabbings. He has pleaded not guilty in the fire, and said that while he was in the neighbourhood that night, he was stealing from a grow-op at the time.

Fry described the family as nice, adding Bolingo's mother, who died in the fire along with three of her children and Etibako's girlfriend, was friends with his own mother.

Last week the prosecution played a videotape of Fry telling an undercover officer that he used gasoline and a torch to set fire to the home.
METRO NEWS SERVICES

News in brief

BLAZE A suspicious fire destroyed the Harrison Crossroads Hotel in Agassiz on Sunday. The fire department said yesterday the heat and smoke forced firefighters to keep back. No one was inside the hotel, which was under renovation.

THEFT Vancouver Police have arrested a man in connection with a carjacking. Security guards were struggling with a shoplifter on Friday when he forced himself into a nearby car with the driver still inside and took off. William Wilton, 27, was arrested and will appear in court on Thursday.
METRO NEWS SERVICES

Fault was unfixed

B.C. Hydro identified part that caused blackout

JEFF HODSON
jeff.hodson@metronews.ca

A faulty connection that resulted in a three-day power outage in Downtown Vancouver was identified seven months earlier during a routine inspection, according to a report filed yesterday with the B.C. Utilities Commission.

The July 14 blackout stemmed from an overheated connector, caused by a faulty component or improper assembly. It led to a circuit failure and started an underground manhole fire that destroyed 13 more circuits, leaving about 2,000 customers without power.

During an inspection in January, a crew discovered a temperature difference of 5.3 C between the connector and its cable. The connector was given a 'Level 4' priority rating — B.C. Hydro's highest — but no repairs were undertaken.

However, an independent panel concluded that B.C. Hydro could not be expected to have prevented the connector failure, because none of the previous 247 Level 4 priorities had ever failed.

SUBMITTED PHOTO / B.C. HYDRO

Charred cables and connector pieces are tagged and laid out for investigators looking into the July 14 blackout in Downtown Vancouver.

Outage costs

- It cost B.C. Hydro $525,300 to restore power after the blackout.
- B.C. Hydro has received 14 claims for lost revenue and wages due to the outage, as well as spoiled food.

Bouncer hit in face with brick

ASSAULT A bouncer at a Granville Street pub suffered broken teeth and a concussion when he was struck in the face by a brick, police said yesterday.

Just after 11 p.m. Saturday night, a man was spilling drinks and was escorted out of El Furniture Warehouse.

He returned a few minutes later, barged through the line-up and smashed a cement brick into the doorman's face.

The bouncer, who was bleeding very heavily when police arrived, suffered a concussion, broken teeth (two were removed), and cuts to his mouth.

Landon Thatcher, 19, of Surrey faces charges of assault with a weapon and aggravated assault.
JEFF HODSON / METRO VANCOUVER

metronews.ca
What's online today.

Link to Kevin Smith's blog, where the director disses his Air Canada experience at www.metronews.ca/canada
Watch as Stéphane Dion tries to defend both flanks at www.metronews.ca/canada, and Jack Layton calls for an all-party meeting to discuss the U.S. financial crisis

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Cops have to catch bad guys a different way
The RCMP says it has lost a great hideout with the removal of the toll booths on the Coquihalla highway. Staff there would alert police when criminals or suspects had arrived at the toll. CKNW.COM

Record rise for B.C. population

MARIA COOTAUCO
for Metro Vancouver

Despite a drop in the number of people moving to British Columbia from other parts of Canada, the province's population still saw a record increase thanks to international migration, according to Statistics Canada.

Between April and June this year, 20,515 people moved to the province, ranking B.C. third in population growth behind Alberta and P.E.I. The most current statistics place the province's total population at more than 4.3-million people.

Despite the population boom, less people are moving to B.C. from within Canada compared to the same period last year. In 2007, the province minted 4,337 more people than the number who moved away. This year, the number fell to less than 2,000. The culprit? Our easterly neighbour, Alberta, to which B.C. lost 7,600 residents between April and June. Last year, the number was only 5,000.

Quick-thinking 8-year-old thwarts would-be attacker

ATTACK An eight-year-old boy used a cellphone to threaten a man who tried to grab his cousin as they walked through a bushy trail in Surrey this weekend.

The boys were on a path near 132nd Street and 112th Avenue at around 6:45 p.m. Sunday when a man came out of the bushes and grabbed the 11-year-old boy. He fled when the boy said he would call police. The boys were not injured.

The suspect is slim, six-foot-tall with a cut on his cheek and was wearing all black clothing and black gloves.

Anyone with information is asked to call police.

MARIA COOTAUCO/
FOR METRO VANCOUVER

Tasered mom moved, police say

INCIDENT A 16-year-old mother moved as police attempted to Taser her in the back causing her to be jolted in the neck, Vancouver Const. Tim Fanning said yesterday.

Police were unable to convince her to hand over her child for medical attention.

METRO VANCOUVER

NDP on defence again

Election 2008

ELECTION The federal NDP had yet again to defend one of their B.C. candidates after Bev Colins said she believes the Sept. 11, 2001 attacks were the result of a conspiracy.

The Cariboo-Prince George candidiate said in a radio interview last year that "there was complicity for 9/11, that the people used that 9/11 to bring about a war on terror," she said.

After the Liberals brought up her comments during this election campaign, Colins sent an e-mail to the CBC to say she has always believed the attacks were acts of terrorism.

While the Liberals say Colins should quit, NDP Leader Jack Layton told CBC News he's satisfied Colins has since acknowledged they were terrorist attacks and did not attack any particular group in society.

Colins is friends with Toronto author Barry Zwicker, who believes 9/11 was an inside job by the U.S., Israel or both.

Three B.C. NDP candidates have quit, two for past pro-marijuana endorsements and one for skinny dipping in front of minors. METRO VANCOUVER

News in brief

HOUSING Abbotsford is getting 100 new social housing units, provincial housing minister Rich Coleman and Abbotsford Mayor George Ferguson announced yesterday, cknw.com reports.
Coleman said the units should be ready in about 18 months.
CRACKDOWN The RCMP checked more than 1,000 vehicles and issued 17 24-hour probations after a weekend crackdown on Coquitlam and Port Coquitlam roads, news1130.com reports.
Two people were arrested for impaired driving and 94 seatbelt tickets were handed out.
MUNICIPAL ELECTION COPE has made its selection of candidates for the upcoming civic election. Incumbent Coun. David Cadman and community activist Ellen Woodsworth are candidates for city council. School Board candidates include incumbent trustees Al Blakey and Allen Wong.
ANIMAL CRUELTY Police in Kelowna are investigating cruelty allegations after a security guard said he watched a city-hired contractor shoot a rabbit then stomp on the animal's head, CBC News Online reports. Kelowna is spending $54,000 on a one-year contract to get rid of about 2,000 rabbits. METRO NEWS SERVICES

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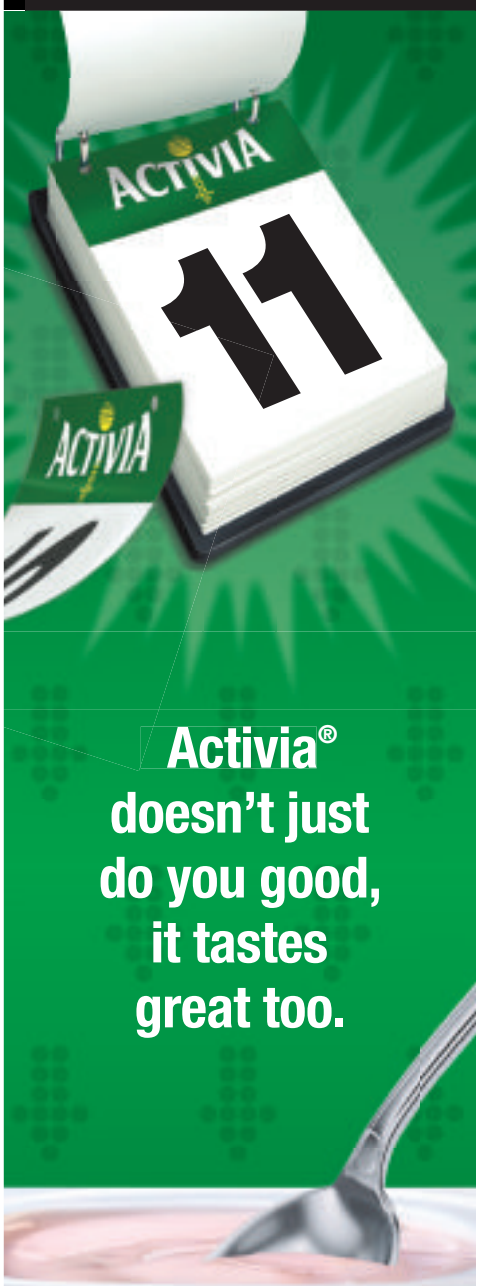

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72% of doctors don't wash hands
Just 28 per cent of doctors at 10 hospitals washed their hands between patients, Ontario's auditor general says in a special report into outbreaks of superbugs like C. difficile. That was an improvement from a rate of 18 per cent, because it came at the end of a recent project to encourage hand washing. TORSTAR NEWS SERVICE

Canada

Atwood book tackles debt

Margaret Atwood has often had to dismiss charges of clairvoyance and prophecy, and with the timely publication of Payback: Debt as Metaphor and the Shadow Side of Wealth, she has found herself doing it again. The book, a philosophical treatise on debt, hit stores as major players in world finance picked through the rubble of credit default.
REUTERS

Health trumps age for older drivers: Experts

BRIAN TOWIE
brian.towie@metronews.ca

You might not be too old to drive, but you might be too unwell.

The issue of whether elderly drivers should be on the road hit the media again after an unidentified 84-year-old driver hit a pedestrian at a Halifax crosswalk Friday. The 56-year-old victim was dragged 30 feet underneath the car before a mechanic freed him. No criminal charges are pending.

Circumstances echo concerns raised in 2001, after 85-year-old Pilar Hicks hit and dragged Beth Kidnie, a 42-year-old mother of three, to her death. Justice Gerald Lapkin convicted Hicks of criminal negligence and wondered if regulators shouldn't consider more restrictions on elderly drivers.

But, Dr. Allen R. Dobbs, president and CEO of DriveAble Assessment Centres Inc., a nationwide driving ability assessment program, argues it's not the age of the driver that should be considered, but their abilities — which are often affected by medical conditions.

"It's a question that's asked the wrong way: What's the correct age to hang up the keys?" Dobbs said. "It's about medical conditions. Illness can happen at younger ages and impair the ability to drive."

Still, Dobbs acknowledges older drivers face illnesses, such as dementia and heart and lung diseases that can impair driving skills.

"It's about medical conditions. Illness can happen at younger ages and impair the ability to drive."
Dr. Allen R. Dobbs

Dennis Prouse, director of government relations at the Insurance Bureau of Canada, agrees medical conditions should be a top priority in the years to come.

"As the bubble continues to move along, we're asking ourselves how to tackle this," he said. "A blanket age cut-off is not the answer. It has been done before and it doesn't yield better accident rates … It certainly is an emerging issue and it will continue to be so."

Do not disturb

Do not call registry goes online today

MONICA MARTINES
for Metro Vancouver

Starting today, Canadians annoyed with telemarketers can register their phone number on the national Do Not Call List.

Landlines, cellphones and fax numbers can all be added to the list regulated by the Canadian Radio-television and Telecommunications Commission.

"I hate telemarketers calling," said Vancouver-resident Shae Invidiata, 23. "I tell them not to call back, but they do and always at inappropriate times."

Exceptions to the list include calls from charities, political parties, polling companies, newspapers selling subscriptions and companies with which people do business.

"It's about time. I feel harassed by telemarketers," said Mark Cruse, 27. "If a number is unknown, I won't answer it."

The list is supported by 69 per cent of British Columbians according to a VoxPop poll by OmniteITM released yesterday.

Canada's largest marketing group also said it welcomes the new National Do Not Call List, as it should help weed out the worst offenders and improve the industry's image.

Consumers have for years been able to complain to the Canadian Marketing Association if one of its members violated the industry's own Do Not Contact list.

FILES FROM TORSTAR NEWS SERVICE

RAFE ARNOTT/METRO VANCOUVER

Cellphones can also be added to the Do Not Call List.

sign up

- To register, go to www.LNNTE-DNCL.gc.ca or call 1-866-580-DNCL (3625).

News in brief

MARS A team of Canadian scientists, via NASA's Phoenix lander, has discovered snow falling from Martian clouds — a first in observations of the red planet.

VOTE An Elections Canada policy has been released stating that people wearing face coverings will not be permitted to vote in the upcoming election unless they swear a special oath.

NURSES The thousands of nurses who have left Canada for the United States went not for money, but for regular work, a major new study on cross-border flight finds. METRO NEWS SERVICES

Election 2008

In brief

WOMEN Canada's major political parties have nominated 387 women to run as candidates in the federal election — a record number. While this falls short of fair representation at 29 per cent of all candidates, it is a sign of progress and increased efforts by all major parties, says Equal Voice, which challenged the leaders of all parties to field more women candidates in this election. "This improvement provides more opportunities than ever to increase the representation of women in Parliament," says Equal Voice chair Raylene Lang-Dion.

NDP Jack Layton insists that only the NDP can stop Prime Minister Stephen Harper, and he's urging "progressives" to rally behind him to do so. "I think he's bad for the country. I think he's bad for working families," Layton said of the Conservative leader, speaking to the Toronto Star's editorial board yesterday. Layton said Liberals "disappointed" with Stéphane Dion are welcome aboard the NDP bandwagon, as are Greens, and red Tories.
METRO NEWS SERVICES

MORE ELECTION COVERAGE, P. 6

Watch as Stéphane Dion defends both flanks from the Tories and a surging NDP at metronews.ca/canada

14 days remain until the 2008 Canadian federal election

Where headline meets punchline.
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CBC
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Layton promises more money for transit

NDP Leader Jack Layton pledged more money for funding public transit if the NDP are elected. Layton said he would funnel one cent per litre of the gas tax — about $400 million per year — to transit. SOURCE: CBC NEWS ONLINE

Election 2008

Debate a chance for Dion to alter image

NationalReport

After being defined by Stephen Harper's attack machine as an arm-splayed wimp since winning the Liberal leadership two years ago, Stéphane Dion gets a last chance to alter the deathly image in the campaign debates tomorrow and Thursday.

Liberals now regret not having fought back earlier. They should have, some of them say, found a photo of Harper looking completely moronic and plastered it all over the television screens. They have learned a lesson that, in Canada, gutter politics works.

That kind of politics was never the style of the sincere and overly academic Dion. In the debates, some Liberals want him to make a direct appeal to the voters. At the conclusion a message of this kind: "I hope you have not been taken in by the demeaning ads about me. Yes, I have difficulty pronouncing words and, yes, I look too much like a professor. But is that what really matters? Or is it the values I have, the policies and vision, the team I have?"

It might help. Dion has to come across as statesmanlike and credible. He has a tendency to sound forced and pleading. If he goes that route, he'll be seen as desperate and it will quicken his descent.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Riding: West Vancouver — Sunshine Coast — Sea to Sky Country

This geographically vast riding has one of the largest percentages of single-detached homes at 64 per cent.

It includes West Vancouver, Whistler, Powell River, Pemberton and Squamish. Incumbent Blair Wilson became the first Green party MP after getting kicked out of the Liberal party and sitting as an Independent.

Former NDP candidate Dana Larsen resigned when videos of him smoking pot surfaced online.

MONICA MARTINEZ/ FOR METRO VANCOUVER

Blair Wilson
AGE: 45
PARTY: Green
POSITION: Politician, chartered accountant
"I have always shared the Green party's values of sustainability, non-violence, participatory democracy, social justice, respect for diversity and ecological wisdom — and I am confident that most voters in my riding do so as well."

John Weston
AGE: 50
PARTY: Conservative
POSITION: Lawyer
"My commitment to you is to restore integrity and accountability to politics in this riding, to support initiatives that strengthen our economy and to work toward a cleaner, greener future through business and technology."

Ian Sutherland
AGE: 48
PARTY: Liberal
POSITION: Mayor of Squamish
"The fiscal situation is a huge issue, where government has increased spending 12 per cent over the last two years and undid the great job the Liberals did in balancing the books and building surpluses that are being whittled away day by day."

Bill Forst
AGE: 59
PARTY: New Democratic
POSITION: Retired school counsellor
"I look forward to talking with voters about affordable child care, support for students struggling to pay for their education, and increased support for arts and culture. These are some of the issues ignored and eliminated by the Conservatives with the help of the Liberals."

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Paris fashion shows defy gloomy world climate

France's ready-to-wear spring and summer shows began in earnest yesterday with Christian Dior's collection, as the world of fashion flew in the face of an increasingly ominous world environment. Around 100 designers will be showing collections over the coming week. REUTERS

World/Business

U.S. recession fears soar

Americans may start feeling pinch after bailout fails

The U.S. economy was in dangerous waters before a shock House vote yesterday to reject a bailout for troubled financial firms and it now even closer to being on the rocks.

Credit markets have seized up, banks are failing in Europe or facing arranged marriages in the U.S. while frightened consumers clutch their wallets closely — all warning signs that economic activity was near grinding to a halt.

Analysts said lawmakers' rejection of the bailout — never popular, but widely thought necessary — heightens the risk that a deepening U.S. banking malaise will spread more rapidly abroad and worsen a developing slowdown.

"Today's vote not to pass the $700 billion package to aid the liquidity crisis has raised the probability of a global recession as capital flows seize in the entire system," said Chris Jarvis, senior analyst with Caprock Risk Management, warning it may soon be felt by ordinary consumers.

SHANNON STAPLETON/REUTERS

A demonstrator stands outside the New York Stock Exchange during a protest in New York yesterday, while U.S. lawmakers met to vote on a $700 billion US bailout of the financial industry.

In recent days, banks have been increasingly hoarding cash and may now be so reluctant to lend that longstanding relationships with businesses risk being interrupted to the extent that some could have difficulty meeting payrolls.

Gary Thayer, chief economist at Wachovia Securities, warned "it won't be long" before the impact is felt on Americans' day-to-day affairs.

"We're already seeing a weak economy and if we don't see the credit markets improve within the next week or two, we'll start to see some businesses having difficulty in getting credit," he said. "This could lead to increased layoffs within the next month." REUTERS

Little confidence

- American consumer confidence was already shaky before yesterday's bailout vote and a report issued yesterday showed U.S. spending in August was flat.

Business

TSX battered after bailout rejected

The Toronto Stock Exchange's main index tumbled nearly seven per cent yesterday, the biggest drop in eight years, as U.S. lawmakers rejected a proposed $700 billion US bailout of the financial services sector, sending investors fleeing for the exits.

As the U.S. House voted to reject the rescue plan, concerns mounted that the fallout from the U.S. crisis was spreading globally and that the world economy was in for a downturn.

The S&P/TSX composite index dropped 840.93 points, or 6.9 per cent, to 11,285.07, its biggest percentage drop since October 2000. On a points basis, it was the biggest decline ever.

"This is yet another Black Monday," said John Ing, president at Maison Placements Canada.

The index plunged 300 points in just over five minutes as results showed the congressional vote going against the plan. REUTERS

"This is yet another Black Monday."
John Ing

Business in brief

OIL Imperial Oil Ltd. said yesterday it will spend $100 million to cut sulfur dioxide emissions at its 121,000 barrel a day refinery in Sarnia, Ont.

NEW HIRES Sun Life Financial has hired several new executives, including former Lincoln Financial Group CEO Jon Boscia. REUTERS

News in brief

WEATHER A powerful typhoon headed toward the eastern Chinese coast yesterday forcing over 200,000 people to seek higher ground, state media said, after it battered Taiwan over the weekend. Typhoon Jangmi, the season's most powerful storm, was spinning off the coast of China with winds of up to 126 km/h, the Fujian Provincial Meteorological Bureau said.

MIDEAST Israel should withdraw from nearly all territory captured in the 1967 Middle East war in return for peace with the Palestinians and Syria, outgoing Prime Minister Ehud Olmert was quoted yesterday as telling a newspaper. REUTERS

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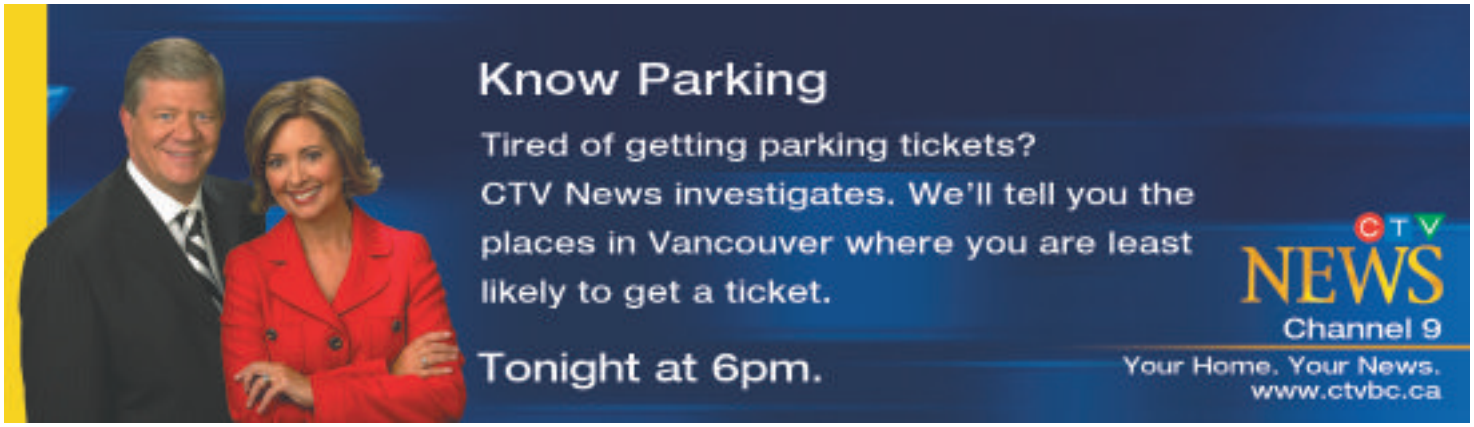
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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Be a financial fighter

Patience, young home buyer

MoneyMatters

Q My wife and I are both in our late 20s. She is a social worker and I am in the food industry. We are determined to own a home. We have accumulated a sufficient down-payment for our first home. Is this the right time to buy?

Chris and Toni

A The place that you call home should be viewed as a long-term investment and security in your later years. Historically, real estate has appreciated over the long haul and the patient are not disappointed. No other investment allows the owner to be sheltered from the elements, taxes and a landlord.

Recent reports by the Canadian Real Estate Association (CREA) have indicated continued sales and price declines.

What does this all mean to the average first-time buyer?

The Canadian real estate market will continue to experience price adjustments but most experts do not expect a U.S.-style housing meltdown.

If you already live in a home, relax, no one is kicking you out. If you are an investor, continue to monitor the market and look for opportunities. First-time buyers should be patient and buy when you are comfortable.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

SmartCookies

You don't have to be an economist to know that we have fallen on difficult times financially. So in these troubled times we should be taking action to recession-proof our finances. Here are some simple tips you can start doing today:

For You:

1. Save, save and save some more. If possible, you should build an emergency fund of at least three months of living expenses. Whatever you can manage to put away monthly, you should (even if it's just $50). This is the most basic thing you can do in order to protect yourself and to ensure that you are not relying on credit should something unexpected happen.

2. Become a savvy spender. If you don't yet have a spending plan, visit smartcookies.com and download one. If you haven't a clue as to where your money is going, then you probably also don't know what kind of simple changes you can make to save.

3. Pay it down. As fast as possible, pay off anything you owe on credit cards and lines of credit. Also, on any debt you do have, make sure that you are being charged at the lowest interest rate that you are eligible for.

4. Be Patient. If you can't afford to buy it, then don't. We understand that you may feel like you are entitled to the best car, the nicest wardrobe, the dinners and drinks out. But be patient.

5. Build a Community. Now more then ever it is important to start your own money group (if you haven't already). Rely on members to share knowledge, share resources and share tips for everyday savings.

For Your Job:

6. Build your skill set. No job is 100 per cent guaranteed and so making the effort to learn more and in turn making yourself marketable is a must. Network and seek out mentors in your field to ensure that you stay connected and stay current.

7. Toot your own horn. We all know people who promote themselves and make it known that they are productive members of the team. We're not saying you need to be obnoxious but do make sure that your work is getting noticed, and that your boss knows that you are a valuable asset.

8. Make More Dough. Now is the time to figure out what you can do to make some extra dough. Love yoga? What about becoming an instructor? Good in the kitchen? Maybe consider catering personal events for friends and families. Everyone has specialized skills, it's just a matter of figuring out what they may be.

the Smart book

- For more tips, check out your local bookstore for Smart Cookies' Guide to Making More Dough, on sale this week!

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Read this week's column at metronews.ca

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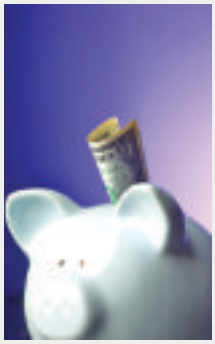
And the survey says...
According to a survey by PracticalMoneySkills.ca — an online financial literacy program that helps students plan how to manage their finances — 30 per cent of students have never created a budget. METRO NEWS SERVICES

Student ¢ents

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

easy ways to save



- **Books are a big expense.** If you can, try to buy or borrow an older version of the textbook you need from someone who took the class before you.
- **Sell your used textbooks.** Your campus bookstore might give you a raw deal on what you paid for the text if you try to sell it back to them. You might want to do it online. Some sneaky vendors might even stick around near the shelves where students will buy those books, sell their used version at a cheaper price and get the direct payout. We don't recommend you do that, of course; we're just saying it sometimes happens.
- **Kick your coffee fix.** By forgoing that daily morning trip to the java joint, you can save as much as $70 per month (assuming you spend $2.50-$3.50 per day in coffee). Buy a small coffee maker and brew your own.
- **Skip the take out.** Keep healthy and affordable options in your rez or apartment: Bagels, peanut butter, string cheese and fruit are all better for you than slimy 3 a.m. burgers and pizza slices.
- **No bottled water.** It's more expensive, and advocates for water say it's not healthier and it encourages privatized sources. Get a water bottle and drink from the tap for free. If you're worried about pollutants, get a filter.
- **Don't bother with a TV.** You can watch cable television when you want, how you want, through your computer. Your desktop or laptop may even have a DVD player so you can watch your favourite flicks.
- **Leave the mall alone.** Shop at a second-hand thrift store — you'll be pleasantly surprised at what a rich furrow it is to plow.
- **Get a pay-as-you-go cell phone plan.** (This only works, of course, if you don't use your mobile often.)

— BRIAN TOWIE

With little bit of luck and financial savvy, students can graduate with manageable debt and start saving that much sooner.

Saving still possible

BRIAN TOWIE
brian.towie@metronews.ca

Given the low income, high expenses and unexpected emergencies that make up part of a post-secondary student's daily life, how can they save money when it's already hard enough to make ends meet?

Unless those financial commitments that universities and colleges demand are satisfied before you attend school, it's next to impossible and impractical to squirrel away your income, given your tuition balance or any loan that needs paying down. But you can exercise a degree of damage control if you make the right choices, the experts advise. With a little bit of luck and financial savvy, you might even graduate with a manageable debt and start saving that much sooner.

"You can save. A lot of students will go out with their friends and the money just goes," says Laura Walker, a financial adviser at Edward Jones Investments. "But the ones who want to come out of school with little debt or possibly even no debt, if they're smart and they work hard enough, will get that money away so that they won't even think about it: Out of sight, out of mind, and there are tools for students to do it."

Several savings tools, Walker says, include Canada Savings Bonds, high-interest savings accounts and bursaries available at your school that may not require stellar marks to obtain. Starting next year, you'll also be able to put your cash in a tax-free savings account.

"The tax-free savings account will come into play in January of 2009. The flexibility of it is nice," says Myron Knodel, financial planning expert at Investors Group. "If you're 18 or over, you can contribute up to $5,000 into it and withdraw from it any time you want without penalties. You won't get a deduction, but that money is not subject to income tax."

Beyond these options, the experts suggest you get some professional help. An adviser can help you determine exactly how much you'll need for the school year, and how much you should save, if you can, once you've budgeted for your costs.

"Students should connect with a financial planner," says Knodel.

"Even financial planning software can help. You factor in your income and what you're costs are going to be based on your commitments and your lifestyle choices, and there may be some significant lifestyle changes that you'll be required to make if you're going to reach your goals."

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Rams fire Linehan, name Haslett interim head coach

The St. Louis Rams fired head coach Scott Linehan yesterday after a 0-4 start to the 2008 season. Defensive coordinator Jim Haslett, a former head coach with the New Orleans Saints, will take over on an interim basis. METRO NEWS SERVICES

Sports

Blackhawks waive Khabibulin

The Chicago Blackhawks placed goaltender Nikolai Khabibulin, left, on waivers - the first step for the club to eventually move the veteran, according to a report in the Chicago Sun Times yesterday. The 35-year-old Russian is the odd man out in the 'Hawks goaltending rotation, which also includes free-agent signee Cristobal Huet, Corey Crawford and the untested Antti Niemi. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Jays look for a new leader

YorkReport

Marty York

marty.york@metronews.ca

Canada's MLB franchise is without a president for the moment because Paul Godfrey either stepped down yesterday, as he'd like us to believe, or he was released, as club sources whispered in my ear yesterday.

Doesn't matter either way now, does it? Far more significant at this point is the selection of Godfrey's successor by the Rogers ownership. The Blue Jays, after all, haven't exactly been smash successes in recent years. They never qualified for the playoffs during Godfrey's tenure — he took over in 2000 — and they haven't come close to attracting the nation-wide following they enjoyed during their halcyon days in the late 1980s and early 1990s.

The Jays' new bossman will play a major role in whether the organization can re-establish itself as a Canadian favourite or follow in the footsteps of the defunct Montreal Expos.

As I reported in this space back on July 29 — you can review it at metronews.ca/yorkreport — the Rogers braintrust has long had three candidates in mind to succeed Godfrey: Ex-Jays prez Paul Beeston, ex-Jays general manager Pat Gillick and ex-Rogers executive John Tory.

Beeston has been telling friends he has no interest in returning, but a chunk of cold, hard $$ might be able to take care of that. Gillick, concluding his days as the Philadelphia Phillies' GM, has said he will retire at season's end, but he also said that many times in the past and changed his mind repeatedly. Tory is the chief of Ontario's Progressive Conservative party, but he rescued the CFL from its deathbed when he was its commissioner, and sources suspect he could be eager to similarly revive the Jays.

• So what happens to Jays GM J.P. Ricciardi now that Godfrey is no longer around to stick up for him?

Rogers sources told me yesterday Ricciardi and most of his front-office aides will be dumped soon. In fact, they said one of the reasons for Godfrey's departure is that he refused to dump Ricciardi.

Ricciardi's contract with the Jays runs through 2010. Gillick also is a candidate to resurface as Ricciardi's replacement.

• New York reports suggest the Yankees' Jason Giambi could be the Jays' first baseman next season if Ricciardi remains in Toronto. The two are pals … Look for ex-Sportsnet anchor Hazel Mae to become the face of the MLB Network, which launches in more than 50-million U.S. homes next Jan. 1 … And what's this I'm hearing about ex-Jay and ex-Brewer Paul Molitor trying to replace Dale Sveum as Milwaukee's manager next season?

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

B.C. Sports in brief

NHL The Canucks have sent as many as seven players to the AHL's Manitoba Moose as they continue to pare down the roster in advance of next week's season opener. Michael Grabner, Dan Gendur, Daniel Rahimi and Pierre-Cedric Labrie are headed to Manitoba, while Jason Jaffray, James Sharrow and Mark Cullen must all clear waivers before reporting to Moose training camp. The moves leave a total of 37 players on the roster in Vancouver.

NHL Vancouver Canucks forward Kyle Wellwood has passed his latest fitness test. Head coach Alain Vigneault described Wellwood's current condition as "acceptable" by NHL standards, and added that Wellwood's next challenge is to work himself up to the NHL's average level of fitness. Wellwood has one goal and two assists in three preseason games, and has scored on each of his two shootout opportunities.

SCOTT RINTOUL/METRO VANCOUVER

SCOREBOARD

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Chicago W. Sox 8 Detroit 2
TODAY'S GAME
AMERICAN LEAGUE
One-game tiebreaker
Minnesota at Chicago W. Sox, 4:37

CFL

WEEK 15
FRIDAY'S GAMES
B.C. at Toronto, 4
Calgary at Saskatchewan, 7
SATURDAY'S GAMES
Montreal at Hamilton, 1
Winnipeg at Edmonton, 4

NFL

WEEK 4
LAST NIGHT'S RESULT
Pittsburgh 23 Baltimore 20 (OT)
WEEK 5
SUNDAY'S GAMES
Chicago at Detroit, 10
San Diego at Miami, 10
Atlanta at Green Bay, 10
Seattle at N.Y. Giants, 10
Tennessee at Baltimore, 10
Indianapolis at Houston, 10
Kansas City at Carolina, 10
Washington at Philadelphia, 10
Tampa Bay at Denver, 1:05
Cincinnati at Dallas, 1:15
Buffalo at Arizona, 1:15
New England at San Francisco, 1:15
Pittsburgh at Jacksonville, 5:15
MONDAY'S GAME
Minnesota at New Orleans, 5:30

SOCCER

PLAYOFF GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:
FRIDAY'S GAME
VANCOUVER at Montreal, 5
SUNDAY'S GAME
Montreal at VANCOUVER, TBA

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Boys are bigger bullies: Report
Four out of 10 school-age kids in Canada report being victims of bullying, according to a recent report by the Public Health Agency of Canada. Overall, boys bully and are bullied slightly more than girls. **BEST HEALTH MAGAZINE**

Health

New Buriti Baby collection

Pamper and protect your baby naturally with The Body Shop's new Buriti Baby line of baby products. Set to launch on Oct. 9, the eight-piece line ranges in price from $8.50 to $30 and includes body butter, shampoo, massage gel, a brush and more. The pediatrician-approved products are made from buriti tree nut oil, which is a mild and gentle ingredient used throughout South America for its beneficial properties. METRO NEWS SERVICES

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Socially disconnected

'Digitalk' causing the quality of friendships to decline

CELIA MILNE
for Metro Canada

You text a friend to say you're SETE (smiling ear to ear) or SWL (screaming with laughter). But if you aren't face to face, it's a shallow connection.

Facebook, e-mail, MySpace, text messaging, and MSN have made our relationships more distant. Quantity of friendships is increasing but "quality is declining," says Allie MacPhail, a relationship expert with offices in Toronto and Newmarket, Ont. "How many of those people actually mean a lot to you?" asks MacPhail. "They may be friends of friends."

On average, we connect socially 17 times a day through technology and only twice in person, according to a recent survey conducted by Ipsos Reid. Fifty-five per cent of Canadians say that life is so busy that they have to use electronic communication to stay in touch with friends and family.

A huge majority (88 per cent) say that meeting in person would make them feel more connected than meeting digitally. And 61 per cent are nostalgic for bygone, low-tech days; they sometimes wish they could go back to when we didn't rely so much on electronics to communicate with each other.

"Get offline. Go out and talk to friends... Recognize the value in human connection."
Allie MacPhail, a relationship expert

The down side of all this digitalk is that we lose our interpersonal skills. "I see more lonely people even though they have a lot of people they are connected to," says MacPhail. "Emotionally, they don't know how to handle conversation."

MacPhail suggests that physically getting together with people and having eye contact is important. "It's not rocket science," she says. "Add up how many times a day you are face to face. Get offline. Go out and talk to friends. Talk to family. Recognize the value in human connection. It deepens your empathy."

Teens are a group especially lacking in these interactions, she says. In her office, for example, parents bring in troubled teens. MacPhail asks the teenagers how their day is going and what their week has been like, and they realize it is the first time that day they have talked to someone face to face. "They start connecting with me," she says.

"We are made for relationships, for actual human connections. The computer is not giving it to us. Let's see humans connect more," says MacPhail.

The survey, which polled more than 1,000 people in July 2008, was sponsored by Dentyne.

On average, we connect socially 17 times a day through technology and only twice in person, a recent survey suggests.

A down-under spin on fighting fat

LifeSprints, a cycling regimen popular in Australia, involves sprints followed by slow pedalling.

From **Best Health Magazine**
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You have to love an exercise that takes just 20 minutes, involves slowing down every eight seconds and is more effective at burning fat than prolonged aerobics.

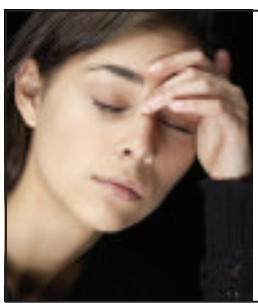
Which is not to say that LifeSprints, a cycling regimen popular in Australia, is a free ride. Devised by Steve Boutcher, director of the fat loss laboratory at the University of New South Wales, it involves eight-second sprints followed by 12 seconds of slow pedalling on a stationary bike for 20 minutes, three times a week.

Boutcher studied 45 women over 15 weeks and found that the group doing LifeSprints lost three times more fat than a group that did 40 minutes of sustained aerobic exercise. "The fast/slow exercise cycle releases catecholamine [adrenalin/noradrenalin] into the blood, which burns fat. Sprinting seems to use up fat in the muscles, which is replaced by fat from under the skin after exercise stops," Boutcher says. It's also time efficient. "With this, you can warm up, work out, cool down and be showered and dressed in 45 minutes."

Best Health is on newsstands now. For more, go to besthealthmag.ca.

In brief

SECOND-HAND SMOKE Exposure to secondhand smoke is an important risk factor for peripheral arterial disease, which affects arteries in the legs and may lead to amputation if severe, according to a study among Chinese women. As shown in prior studies, passive smoking was also linked to heart disease and stroke.
REUTERS



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Heavy children may have more headaches

Overweight children and teenagers may be at elevated risk of developing chronic headaches, a new study suggests. The good news, researchers found, is that weight loss may, in turn, cut headache frequency. REUTERS

The J Spot

Josey Vogels

Sex talk with Josey

No shortage of sex celebrations

Today, apparently, is the last day you can pleasure your mate. Yes, for those of you who haven't been keeping up, September is "Pleasure Your Mate Month."

Who knew? I certainly didn't until I got an e-mail from a radio station asking to interview me for ideas on how to honour this enigmatic occasion. Where the heck did "Pleasure Your Mate Month" come from?

Google only turned up some people's ideas for how they planned to mark the event, some of which were, well, less pleasurable than others ("Throw knives, feed poison," wrote one rather bitter single gal).

Seems that these days, every aspect of our sex lives has a day, week or month devoted to it.

May is Masturbation Month, complete with its own Masturbate-a-thon (*masturbate-a-thon.com*) for which participants get sponsors for every minute they masturbate with funds raised going to women's sexual health organization.

Dec. 21 is Global Orgasm Day (*globalorgasm.org*), not to be confused with National Orgasm Day, which is celebrated on July 22 in Britain. I know orgasms are great and all but I'm not sure they warrant two days of observance.

Then there's Condom Week Feb. 14 to 21 (*nationalcondomweek.com*). And don't forget World Naked Gardening Day on the first Saturday of May (*wngd.org*) or World Naked Bike Ride on various dates throughout the year (*worldnakedbikeride.org*).

It's a little out of hand. I mean, one would think that "pleasuring your mate" is something one would make an effort to do at least occasionally during the other 11 months of the year. Do we really need a special month to remind us?

I suppose, much like Valentine's Day, the mother of all of the eros-oriented holidays, these occasions force us to put a little effort into areas of our romantic lives that may get less than our full attention the rest of the year. Or, as with the case of Masturbation Month or Condom Week, they raise awareness and promote sexual health.

"I'd like to see some holidays that address some of the more mundane, yet equally important aspects of maintaining a healthy relationship."

But I'd like to see some holidays that address some of the more mundane, yet equally important aspects of maintaining a healthy relationship. You know, the day-to-day nit-picky stuff that can slowly eat away at a relationship, like moths in a blanket box, slowing eating away until, one day, you pull out a blanket and the whole thing just falls apart.

For example, how about we introduce: "How is Dropping Your Socks on the Floor Any Easier Than Dropping Them in the Hamper Day" or "Sometimes it's More Important to Get Along Than To Be Right Week" or how about, "If You Can Find Time To Watch Fours Hours of TV a Night You Can Find a Half an Hour For Sex Once in Awhile Month?"

Now these are some causes worth devoting our time toward.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

YOU CAN AFFORD TO CHANGE YOUR LIFE.

Getting to your Ideal Size shouldn't have to cost a fortune. Fortunately, many Jenny Craig clients say they spend about the same or less on food than they did before they were on the program.

But unlike other programs, we don't stop at the meals. Jenny gives you a personal consultant to help you succeed. And you can't put a price on that.

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- Talk to your consultant weekly to learn tips and advice to help you keep the weight off

YOU'RE NOT ALONE

I met with my consultant Kathy each week to share my results, keep me **motivated** and help me with the challenges I faced. I enjoyed going into my local Centre, but you can also choose the **convenience** of home delivery and phone consultations with Jenny's at-home program, Jenny Direct®. Either way, you'll get the personal attention and **support** you need to be successful on your weight loss journey!

THE PROOF IS IN THE PIZZA

With Jenny's Cuisine,™ I learned how to lose weight without giving up the foods I **love**, like pizza and lemon cake. There are over 80 delicious entrées, snacks and desserts on the menu, and great tips on creating satisfying meals too. In fact, Jenny is the only weight loss program that uses **Volumetrics**®, an eating approach that allows you to eat more food, feel fuller and add more nutrients. You can eat larger, more satisfying portions for fewer calories. With the help of my consultant, I've learned how to eat right when I eat out, cook **healthier** and even enjoy the occasional **splurge**—making Jenny Craig a program that's **easy** for me to stick to.

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5X

In a recent clinical trial, Jenny Craig participants lost over five times as much weight as those who dieted on their own.† There's nothing more valuable than a program that works.

†Rock CL, et al. Obesity. 2007;15: 939-949.

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Jenny Craig®

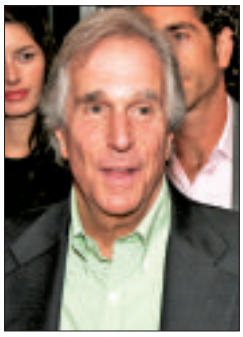
Osbourne nails purse snatcher
Reality TV star Jack Osbourne has been hailed a hero after catching a man who had attempted to steal a woman's handbag in London on Saturday. Fellow shoppers helped Osbourne pin the assailant down while they waited for the police to arrive. FEMALEFIRST.CO.UK

Entertainment

Jay-Z star search
Jay-Z reportedly wants to sign 50 Cent and Janet Jackson to his new label, StarRoc. Artists who sign are expected to ink recording, touring and merchandise deals. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

ABOVE: ET Canada's Rick Campanelli interviews stars as they enter the Edgewater Casino for the Insight film party.



ABOVE: After all these years, he's still the coolest. Henry "The Fonz" Winkler laughs and jokes with fans on the red carpet at the Insight film party.

ABOVE: Vancouver actor and star of Reaper, Tyler Labine, takes in the opening night film fest party at the Vancouver Aquarium.

ABOVE: PET Canada's Erin Cebula, left, interviews glam girls like actress Holly Dignard, of Whistler fame, on the red carpet outside Cin Cin.

RIGHT: Actor Ryan Robbins, seen here at the Cin Cin party, now adds The Guard to his resume as well as Battlestar Galactica and Stargate: Atlantis.

ABOVE: Brightlight Pictures' Stephen Hegyes, left, and Shawn Williamson chat with Corner Gas star and comedian Brent Butt, centre, at Cin Cin.

ABOVE: Actors John Cassini, left, of Intelligence, and Jacqueline Samuda, of The L Word join Da Vinci's Inquest creator/director Chris Haddock at Cin Cin.

ABOVE: Stone Of Destiny director and actor Charles Martin Smith, seen here with Clique Pictures producer Lauren Grant, is already a Film Fest favourite.

Film festival wraps

It was lights, camera and all kinds of action last week as the 27th Vancouver International Film Festival raised the curtain on two upcoming weeks of parties and premieres.

First up, the Brightlight Pictures Red Carpet Party at Cin Cin Restaurant on Robson was where A-Listers gathered to sip wine and sample canapes and more. Sponsored by company principles, Shawn Williamson and Stephen Hegyes, the evening lived up to tradition by getting things started on the right note. The official start of the festival party however was held later that same night at the Vancouver Aquarium where guests attended and enjoyed live music, libations and food after the premiere screening of Fernando Meirelles' movie Blindess.

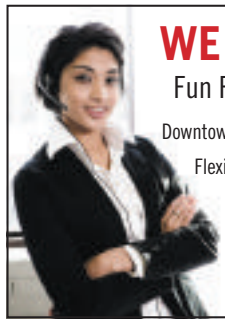
Next up, director Charles Martin Smith, who is best known for starring opposite Sean Connery and Kevin Costner in The Untouchables, received a standing ovation for the premiere of his new movie Stone Of Destiny. Being Scottish myself, I may be biased, but the stand-up-and-cheer feel of this movie is well worth seeing again on Oct. 8 if you get the chance.

Lastly, Insight Film Studios Ltd. in cooperation with Jet Set Crew, threw their big bash at the Edgewater Casino Saturday night. Marking the official closing of the VIFF Film and TV Forum, this red carpet event featured lots of familiar faces including The Fonz himself — Henry Winkler. Aaaay — Cool! Get the whole lineup and schedule of films online at viff.org.

Cat calls? Submit your event at catherinebarr.com. She can also be heard on The Buzz 1410 AM Tuesdays at 4:30 pm.

LEFT: Edgewater Casino's Vanessa S. Kelley, left, Jeff McAndrews and Lindsay Lussin take a bow for a job well done at the Insight film party.

LEFT: Wasn't that a party? Thanks to Ask A Woman Enterprises' Tammy Preast, left, and Sharon Chan-Knight, the Brightlight event is a big hit.



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Little Britain to big screen

Comedy duo Matt Lucas and David Walliams are to make a movie of the hit TV show Little Britain. The feature length film is backed by Spice Girls manager Simon Fuller and will include all the show's characters, played by Lucas and Walliams. FEMALEFIRST.CO.UK

DVD picks

Iron Man

Director: Jon Favreau
Rating: PG

Iron Man delivers the superhero essentials — lots of action, great characters and a really cool suit — as it smartly vaults a lesser Marvel Comics hero into the same stratosphere as Spider-Man.

It took a superhuman leap of faith to hire tabloid fodder Robert Downey Jr. for the title metal man (he's actually clad in gold titanium alloy), since there were no guarantees he'd be either appropriate for the job — or even available.

There's all the usual making-of and CGI demo hoo-hah, but a movie this fresh and funny needs a commentary track or two. Couldn't Downey and director Jon Favreau have found the time to rock the mic together? There are some laughs in Downey's screen test for the gig and in The Onion's news item parody: "Wildly Popular Iron Man Trailer to be Adapted into Full Length Film."

Forgetting Sarah Marshall

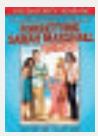
Director: Nicholas Stoller
Rating: 18A

Forgetting Sarah Marshall finds producer/comedy kingpin Judd Apatow back on form, after the recent disappointments of Drillbit Taylor and Walk Hard: The Dewey Cox Story.

But that's only if bawdy sex and winking put-downs and TV parodies are your idea of hilarity.

Scenes that might have been left for DVD or dumped altogether are allowed to ramble on in the movie.

As a result, the nearly 20 minutes of deleted and extended scenes in this three-disc Collector's Edition seem downright bloated.



There's also a generous assortment of commentaries, gag reels and music videos — the latter of interest only if you enjoy the sweetly bizarre Muppet Dracula subplot.

TORSTAR NEWS SERVICE

F apparently is for Food

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

WHAT THE F—: Celebrity chef Gordon Ramsay takes a step closer to deadly ubiquity tonight with the North American premiere of The F Word, his British chat/cooking/competition show on the Food network. Food have decided to debut with the second season of the show, an episode where Ramsay challenges a quartet of butchers to work the kitchen at one of his restaurants, sets up a pig pen in the backyard of his London home to raise a pair of porkers for sausages and chops, and pits himself against a TV actress, to see who makes a better lasagna. He also invades a slovenly bachelor pad to teach its grimy inhabitants how to avoid becoming pitiful caricatures.

He even manages to nip out of the kitchen every now and then to check on Kathy Burke — Magda, the fast-talking, foulmouthed magazine editor on AbFab — whose decidedly low-brow taste in food and drink exasperates Ramsay more than the four men stumbling through service in his kitchen.

It's a densely-packed show that will either thrive or fail depending on how many Ramsay fans out there are impatient for a new season of Hell's Kitchen or Kitchen Nightmares. Ramsay is probably about one more show away from Emeril-style overkill, and while I'm still a huge fan of his bellicose, alpha male persona, the dawn of a post-Ramsay age is probably close at hand

A CHEAP HOLIDAY IN OTHER PEOPLE'S MISERY: "It's just, like, out of this world, I think, this place —kind of a weird thing to use for tourism." Says Carmel, an Australian tourist, who complains that they're charging $50 to throw a live hand grenade into a pond at a Cambodian genocide museum.

Gordon Ramsay returns with his new show The F Word.

Manfred Becker's Dark Tourism, airing tonight on History Television, makes the circuit of just over a half dozen tourist attractions around the world that offer a change of pace from the usual theme park, beach resort or folkloric dance show.

He starts at a former Soviet prison in Latvia where visitors are harassed and abuse by actors playing guards, and moves on to Stalin World in Lithuania, the killing fields of Cambodia, the city of Sarajevo and Vietnam, where tourists are "educated" about the other side of the Vietnam War. They even take in the Diefenbunker outside Ottawa, where the Canadian government was supposed to hole up in case Dr. Strangelove turned out to be a documentary.

The most disturbing thing I've ever seen in my west end Toronto neighbourhood was a brief infestation of Polish neo-Nazi skinheads, the children and grandchildren of people who survived Nazi occupation before emigrating to Canada, only to see a handful of their descendents sporting swastikas and hanging outside tatty discos.

At the site of Hitler's command bunker in Poland, Poles dress up in Nazi battle dress for the edification of tourists, and Becker finds a group of Chinese students who wonder if the Poles have already forgotten their history. It's a worthwhile, and unsettling, question.

Rick McGinnis writes about music, movies, books and television, but not opera.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/30/08	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	The Biggest Loser (CC)				Pam	Sunset Tan	News (N)
	254	-	8 M	Two/Half Men	Two-Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9 CTV	eTalk (CC)	Hollywood	Without a Trace "22 X 42" (N)		Dancing With the Stars (CC)		Law & Order: SVU		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Islam 101 (CC)		Jozi-H "Lightning" (CC)		The Daily	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Adverse Events" (N)		90210 "Model Behavior" (N)		Kitchen Nightmares (CC)		News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	Pushing Daisies (CC)		(:01) Fringe "The Arrival" (N)		Cold Case (CC)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Opportunity Knocks (N) (CC)		Privileged (N) (CC)		Friends (CC)	Friends (CC)	Reviews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Model Behavior" (N)		Privileged (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Agent Afloat" (N)		The Mentalist (N) (CC)		Without a Trace "22 X 42" (N)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser: Families (N) (CC)				Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Coleen's Real Women		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Opportunity Knocks (N) (CC)		Dancing With the Stars (CC)		Half Their Size: Weight		News (N)
	-	-	23 KVOS	M*A*S*H	Seinfeld	Not Without My Daughter ★★★ (1991) Sally Field.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	About-Money	Nova "Sputnik Declassified"		P.O.V. "Critical Condition" (N) (CC)			Liquid Assets: The Story	
	290	382	29 FOX	Two/Half Men	Two-Half Men	House "Adverse Events" (N)		(:01) Fringe "The Arrival" (N)		News (N) (CC)		Family Guy
	-	364	28 PBS	(6:00) P.O.V.	Rx for Change	Office Gossip	Perfect	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Sputnik Declassified"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	35 TLA	Two/Half Men	Two-Half Men	90210 "Model Behavior" (N)		Privileged (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two-Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two-Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		ET Canada	Entertainment	The Biggest Loser: Families	
news	502	390	26 NW	Canada Votes: Extreme Debate (CC)			Our World	CBC News: The National		CBC News: The National		Votes
	500	500	38 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Best Damn Sports Show		Hockey	Hockeycentral	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			In This Corner	UEFA Champions League Soccer Arsenal vs. Porto. (CC)				SportsCentre
	411	457	49 OLN	Don't Forget Your Passport		Pilot Guides "California"		Don't Forget Your Passport		Survivorman		Angry Planet
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage		Final Score
	417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
	416	409	144 GLF	(6:00) Fútbol		Gol TV News		Kings Club	Kings Club	Paid Program	Kings Club	Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	George	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Chicken	Rick & Steve
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	58 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Big Comfy
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	World of Albert Kahn		The Museum	Art	Rage Against the Darkness (CC)		
	575	583	20 CMT	Home Imp.	Home Imp.	CMT30	CMT 4 Tracks	Reba (CC)	Hope & Faith	Home Imp.	Home Imp.	Ed (CC)
	570	580	24 MM	You Can Dance		The Shift		Pimp My Ride	Technical Diff.	disBand	Video on Trial	Video on Trial
	600	564	25 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	31 A&E	The Cleaner "Back to One"		The Cleaner "House of Pain"		The First 48 (CC)		The First 48 (CC)		The Cleaner
	628	584	32 SPKE	CSI: NY "Manhattan Manhunt"		CSI: NY "Bad Beat" (CC)		CSI: NY "Buzzkill" (CC)		Star Trek: Voyager (CC)		Deep Space 9
	521	560	34 TLC	Dr. G: Medical Examiner		My Shocking Story (CC)		Mystery Diagnosis (CC)		Dr. G: Medical Examiner		Medical
	616	522	39 SHO	About a Girl	About a Girl	The Best Years		Trailer Park	Trailer Park	The Shield "Genocide" (N)		House (CC)
	620	523	40 BVO	Celtic Roots	Murdoch	Law & Order (CC)		Without a Trace "Two of Us"		Richard III ★★★ (1996) Ian McKellen. (CC)		
	601	562	41 SLC	Plastic-Perfect	Matchmaker	Newlywed	In Laws	Rich Bride, Poor Bride (CC)		Plastic-Perfect	Matchmaker	Trading Sp
	520	505	42 DIS	Mighty Ships "Becrux" (CC)		Daily Planet (CC)		Destroyed	Destroyed	Mighty Ships "Becrux" (CC)		How It's Made
	522	506	44 HIS	NCIS "Brothers in Arms"		The Worst Jobs in History		Dark Tourism (CC)		NCIS "Brothers in Arms"		Crime Stories
	627	528	45 SPC	Rabbit Fall	The Circuit	Stargate SG-1 (CC) (DVS)		Lost "Special" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	The Office	The Office	Sex and-City	Sex and-City	Son of the Mask ★ (2005, Comedy) Jamie Kennedy. (CC)				Dickie R
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Planet Soap	What	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	52 FN	Chef School	At the Table	Restaurant Makeover (CC)		Food Network Awards Cake		The F Word		Chef School
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Jon Dore	Daily Show
	320	621	30 CEN	(6:30) The Recruiter (CC)		Coma Head-injury patients. (CC)			(:45) A Father's Son ★ (1999) John Schneider. (CC)			
	581	566	101 MTV	Paris Hilton's My New BFF		MTV Live	After	Man and Wife	The Hills	Paris Hilton's My New BFF		MTV Live
	261	394	102 V	Benmergui-Isr	Benmergui-Isr	Six Days in June (CC)		Benmergui-Isr	Benmergui-Isr	Six Days in June (CC)		Paid Program
	-	-	105 MUL	Matchmaker	Daughters	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

The Biggest Loser: Families

This week the contestants go on a trip to one of the most beautiful places in the world — the Grand Canyon. On the way, they stop by a convenience store for a temptation challenge that will provide the winning team with a much more luxurious trip for its scenic getaway. Once there, the contestants must exercise without a gym or trainers, and a medical condition threatens to sideline a contestant. 8 PM on NBC

The Tudors

Oh, Henry! As season two opens, Henry (Jonathan Rhys Meyers) assumes control of the Church of England and banishes Anne Boleyn (Natalie Dormer) after she demands that he cut off contact with Katherine (Marie Doyle Kennedy). That's not all that's going to be cut off ... but we're not there yet. A cook is boiled alive for poisoning a bishop under threat of blackmail. Sam Neill also stars. 9 PM on CBC

Caribou wins top Canadian album award

KUDOS Caribou hit the right note with the jury deciding who was to receive the Polaris Music Prize in Toronto last night.

The prize and $20,0000 honours the top Canadian album of the year.

A jury of 185 music writers, bloggers and broadcasters drew from a list of 10 of the best Canadian albums released between June 1, 2007, and May 31 this year.

The prize also celebrates diversity and creativity in Canadian music.

Sales figures are not taken into consideration when deciding upon a winner.

Nominees this year included Kathleen Edwards, who hails from Ottawa, Stars, from Montreal, Black Mountain, Plants and Animals, Basia Bulat, Shad and Two Hours Traffic.

METRO NEWS SERVICES

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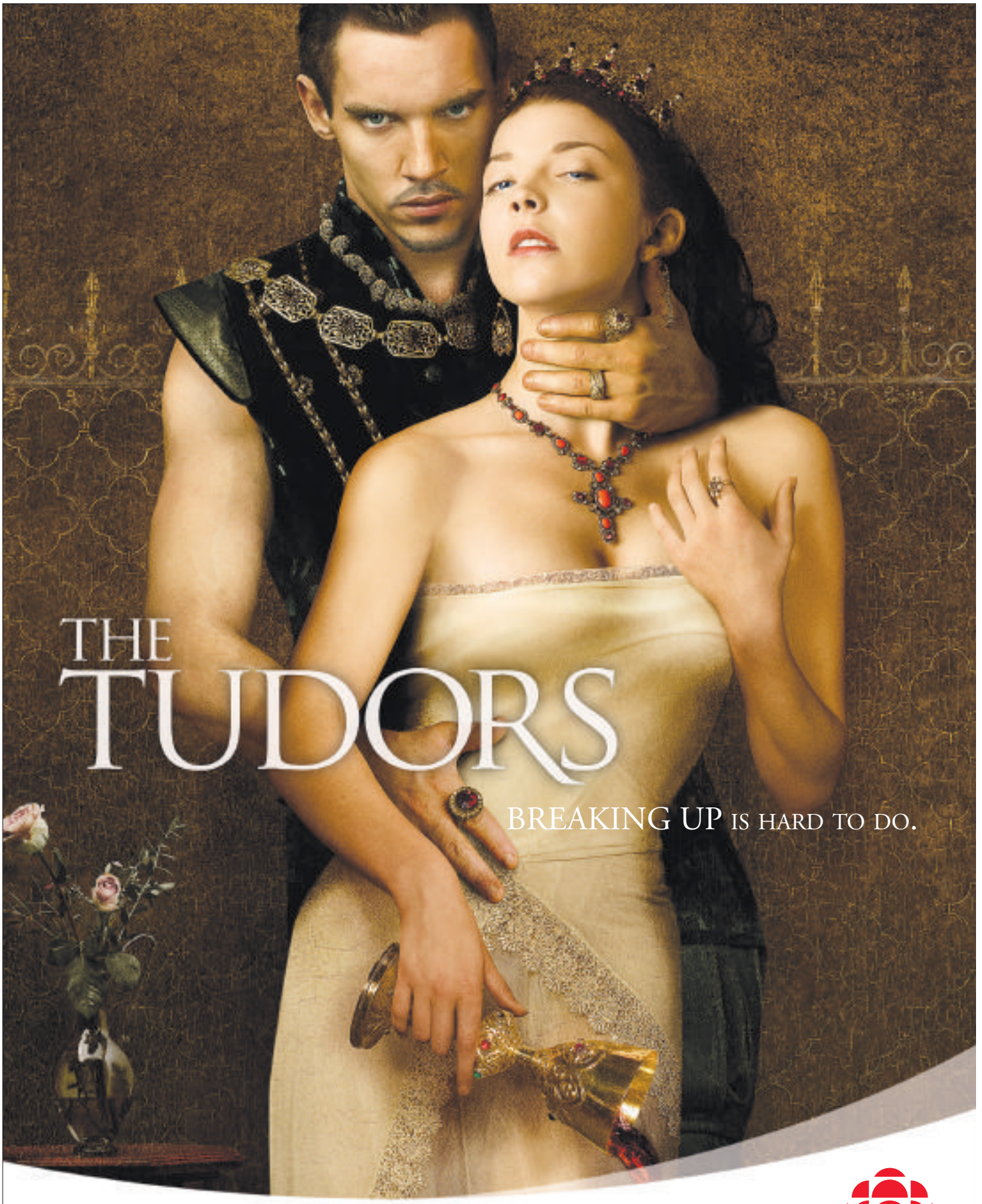


cbc.ca/tudors

SEASON PREMIERE
Tonight at 9pm

CBC

Quaid rips Ryan

Actor Dennis Quaid has slammed his ex-wife, actress Meg Ryan, for revealing all about their 2000 marriage breakup, insisting her allegations of his infidelity will only cause their son Jack more "pain" and "turmoil." IMDB.COM

Celebrity Buzz

Duffy: 'I've sold my soul'

FAME Duffy is on the brink of a "nervous breakdown," femalefirst.co.uk reports.

The singer has revealed the pressures of fame have taken their toll, forcing her to consider "disappearing."

The 24-year-old has had too many encounters with over zealous fans, which have left her shaken.

"As a girl, I thought I was superhuman. But I'm bordering on a nervous breakdown," she reportedly said. "The scary thing is this feels like just the beginning. It would be easy to become a recluse. I have sold my soul and I'm no longer anonymous. It can be really frightening when there are 15 lads on one side of the pub and a gang of girls on the other who all want your photo.

Despite debating whether she can handle being a celebrity, the star believes it would not be fair on her fans to quit now.

"It would be wrong for me to disappear. I have to play for the fans. I just have to remember that the majority of people are good," she added.

METRO NEWS SERVICES

Mother-in-law to Amy: Clean up or don't see hubby

DRUGS Amy Winehouse's mother-in-law wants the troubled singer to kick her alleged drug habit before she can be reunited with her husband after his release from prison, website femalefirst.co.uk reports.

Blake Fielder-Civil is serving a 27-month sentence at a prison in Suffolk, England for causing actual bodily harm and perverting the course of justice. He is set to be released early on condition he lives with his mother. Georgette Fielder-Civil claims her son has kicked his alleged drug habit in prison.

"We can support him at home, away from Amy and the London drug dealers and help him rebuild his life. Now Amy has got to do the same before they can get back together," she says.

Fielder-Civil had previously declined early release from prison as the agreement meant he would have had to wear an electronic tag and be under a 7 p.m. curfew.

GETTY IMAGES PHOTOS

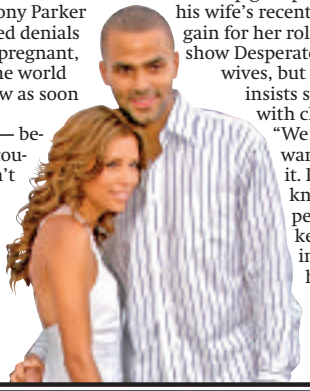
METRO NEWS SERVICES

celebrity brief

Longoria, Parker say they have nothing to hide

PARENTHOOD Eva Longoria Parker's basketball star husband Tony Parker has repeated denials his wife is pregnant, insisting the world would know as soon as she was expecting — because the couple wouldn't want to keep the happy news from anyone, imdb.com reports.

The San Antonio Spurs guard admits people won't stop gossiping about his wife's recent weight gain for her role on the show Desperate Housewives, but he insists she's not with child.



"We don't wanna hide it. I don't know why people keep asking us," he says.

METRO NEWS SERVICES

Fan wanted to share her salad

FOOD Ashley Tisdale was left stunned when a fan's mother demanded she give her child some salad, femalefirst.co.uk reports.

The High School Musical star, who plays popular schoolgirl Sharpay Evans in the hit Disney film franchise, couldn't believe it when the woman came over to the table when she was dining with her family and made the request.

"A bunch of little girls came over and I thought they wanted an autograph, which was totally cool," Tisdale told FOXNews.com.

"But then the mother demanded I give her daughter a bite of my salad. She wasn't joking and she wouldn't go away when I said no. It was so odd that a grown woman would do that, especially in front of her kids. It was so wrong."

METRO NEWS SERVICES

Madonna faces hefty fine after breaking curfew

FINE Madonna has reportedly been fined US$249,750 by Wembley Stadium officials for breaking the venue's curfew during the London stop of her Sticky & Sweet world tour earlier this month, femalefirst.co.uk reports.

The singer's show overran the 10:30 p.m. curfew by 40 minutes when she played there Sept. 11.

She has now been charged $92,500 for every 15 minutes she went overtime.

"The concert was meant to start at 8:30 p.m., but Madonna didn't come on stage until 9:10 p.m. The gig ended at 11:10 p.m., so she was quite a bit over," a Wembley Stadium source says. "Her people knew about the possible implications for going over the curfew, but this is a pretty hefty fine, even for Madonna."

METRO NEWS SERVICES

celebrity briefs

McCready to turn herself in

JUSTICE Mindy McCready will voluntarily surrender to authorities today to serve 60 days in a Tennessee jail for a probation violation, her rep has told People.

The singer, 32, was arrested for violating her probation for prescription drug fraud in June, People.com reports. The singer had entered rehab July 16 for undisclosed reasons and she was previously jailed in 2007 after violating probation on a 2004 drug arrest.

Allen criticized over necklace

CAUSES Lily Allen has been condemned for glamourizing guns by wearing a necklace with a machine gun pendant, femalefirst.co.uk reports. The singer — who previously met with London mayor Boris Johnson to outline proposals to reduce knife crime — was photographed wearing the pendant recently. But it has outraged anti-violence groups. "If she's really worried about violent crime then she shouldn't wear a necklace that promotes guns." says Lyn Costello, from anti-violence group MAMAA.

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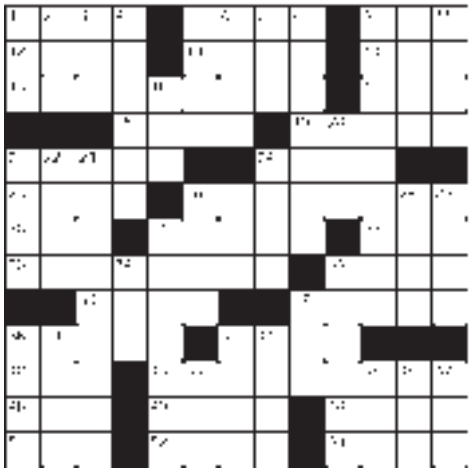


Crossword across

1 Hardly exciting
5 Moist
9 Society newcomer
12 Grooving on
13 Lotion additive
14 Under the weather
15 Retail-chain founder
17 — Zedong
18 Sandwich cookie
19 Representative
21 Misbehave
24 Soon, in verse
25 Comedian Sahl
26 "You Send Me" singer
30 Worldwide workers' grp.
31 Strange
32 Churchill's gesture
33 Golf legend
35 Sense
36 Hairless
37 Vends
38 Dreaded bacterium
40 Take to the lake
42 Moving truck
43 British officer with an eponymous belt
48 — out a living
49 Verifiable
50 Approach
51 In medias —
52 Hollywood locations
53 Safecracker

Crossword down

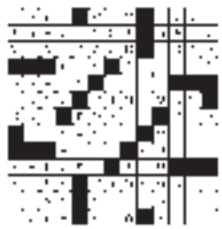
1 Insult
2 Geneticist's abbr.
3 $ dispenser
4 Withdraw
5 Earnhardt of NASCAR
6 Saxophone range
7 Cattle call?
8 Sinner's self-abasement
9 Melodramatic paperback of yore
10 Verve
11 Rorschach picture
16 Dadaist Jean
20 Stickum
21 Writer Kingsley
22 Pop flavor
23 Brass instruments
24 Surrounded by
26 Progeny
27 Coach Parseghian
28 Carina
29 Morays, e.g.
31 Signs up
34 Bando of baseball
35 Crime
37 Round Table address
38 Eternally
39 Birthday party must-have
40 Pornography
41 Lincoln and Vigoda
44 Exist
45 Teeny
46 Gripe constantly
47 Work unit

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8	1				9	5	
			7		8			
6	7			9			3	1
		5	1		2	3		
1								4
		4	9		3	1		
9	3			2			8	5
			8		5			
	4	8				6	1	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	3	5	9	7	2	4	8	1
1	2	9	8	6	4	7	5	3
4	7	8	1	5	3	9	2	6
9	4	7	5	2	1	3	6	8
5	8	1	6	3	9	2	7	4
3	6	2	4	8	7	1	9	5
8	1	3	2	9	6	5	4	7
2	5	4	7	1	8	6	3	9
7	9	6	3	4	5	8	1	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Chicken Fingers with Spicy Mustard Dip

INGREDIENTS (FINGERS):
1 1/2 lb (750 g) boneless, skinless chicken breasts
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) black pepper
1/2 cup (125 mL) all-purpose flour
2 large eggs
2 tbsp (25 mL) water
2 cups (500 mL) bread crumbs
1/4 cup (50 mL) grainy Dijon mustard
1 large garlic clove, minced
1 tbsp (15 mL) paprika

INGREDIENTS (DIP):
1 cup (250 mL) light sour cream
2 tbsp (25 mL) grainy Dijon mustard
2 tbsp (25 mL) fresh chives

METHOD:
1. For dip, blend sour cream, mustard and chives. Cover and refrigerate.
2. Cut chicken lengthwise into strips. Sprinkle with salt and half the pepper.
3. Place flour in a zippered plastic bag. In a pie plate, whisk eggs and water until frothy. In a large, shallow dish, blend bread crumbs, mustard, garlic, paprika and the rest of the pepper.
4. Drop the chicken strips, a few at a time, into the bag of flour and shake until well coated. Shake off excess flour. Dip strips into beaten eggs, then into bread-crumb mixture, gently pressing crumbs onto chicken so they adhere. Arrange strips on a large nonstick baking sheet and refrigerate for 30 minutes.
5. Preheat the oven to 400°F (200°C). Bake chicken strips until golden brown and crisp, about 15 minutes, turning once. Serve with chilled mustard dip.

Calories 333, calories from fat 72, fat 8 g, saturated fat 1 g, cholesterol 132 mg, carbohydrate 28 g, fibre 1 g, sugars 0 g, protein 36 g.

SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
An intuitive friend calls out for soothing treatment. Special plans are changed without warning. Don't prejudge when you see some damage.

TAURUS ♉
APRIL 21-MAY 21
An unnecessary romance is set for melodrama. A family quarrel finally bites the dust. Your friends will shelter you.

GEMINI ♊
MAY 22-JUNE 21
Try to avoid talking too much to a sarcastic sibling. A deceptive person brings a change of luck. Someone's bad habit will start a quarrel.

CANCER ♋
JUNE 22-JULY 22
A progressive friend comes in handy. You need to find the right person to do a dirty job. A conflict can create confusion.

LEO ♌
JULY 23-AUG 23
Don't believe anything that is said at the last minute. A conflict will be settled by someone's loss of courage. A stranger in despair will visit.

VIRGO ♍
AUG 24-SEPT 22
Rumours can lead to an understanding. Weird events will make you feel suspicious. Find someone you can trust.

LIBRA ♎
SEPT 23-OCT 23
An innocent person will create a stimulating atmosphere. Cast a wider net to find reassurance. Someone will head toward a scary situation.

SCORPIO ♏
OCT 24-NOV 22
Don't spurn a great job offer. You'll attract those who respect your methods. A hacker shows a disturbing lack of integrity.

SAGITTARIUS ♐
NOV 23-DEC 21
A dream has an impact on your life. A practical promise will have unexpected effect. A group will terminate obsolete methods.

CAPRICORN ♑
DEC 22-JAN 20
Be humble in a touching moment. Someone will be oblivious to affection. You'll emerge unscathed from a wonderful fantasy.

AQUARIUS ♒
JAN 21-FEB 18
A grinning friend experiences reality as it happens. Convenient excuses will make some people very nervous. A buddy arrives in the nick of time.

PISCES ♓
FEB 19-MARCH 20
Your duties will limit the time you spend being bored to tears. A child needs medical attention. Somebody's deep concern about money will be hidden.

This day in history

SEPT. 30, 1791: The Magic Flute, the last opera composed by Mozart premiered at Theater an der Wien in Vienna, Austria.
SEPT. 30, 1882: The world's first commercial hydroelectric power plant (later known as Appleton Edison Light Company) begins operation on the Fox River in Appleton, Wisconsin, United States.
SEPT. 30, 1888: Jack the Ripper kills his third and fourth victims, Elizabeth Stride and Catherine Eddowes.
SEPT. 30, 1927: Jack Babe Ruth becomes the first baseball player to hit 60 home runs in a season.
SEPT. 30, 1955: Film icon James Dean dies in a road accident, at age 24.

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